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ABSTRACT

This report presents district guidelines and priorities for curriculum and instruction at four grade levels of a physical education program in the Mesa Public Schools, Mesa, Arizona. Five basic terminal goals are stated: a) the student will develop the necessary motor skills for successful participation in a variety of physical activities; b) 100% of the students in a regular physical education class will achieve over the 30th percentile in all aspects of fitness and 80% will achieve over the 50th percentile in all aspects of fitness based on the national norms; c) the student will gain knowledge and understanding about the fundamental principles and rules of physical activities; d) the student will develop and display self-discipline, responsibility, personal control, and leadership; and e) the student will acquire the skill and a desire to participate in physical activities. Specific program goals were established for each terminal goal, and these program goals were attained through behavioral objectives at the primary, intermediate, junior, and high school levels. The report emphasizes that the successful implementation of these goals depends upon budget priorities, district personnel support force, and available facilities. (BRB)

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PHYSICAL EDUCATION

Student Terminal Goals, Program Goals, and Behavioral Objectives

SP 007 664

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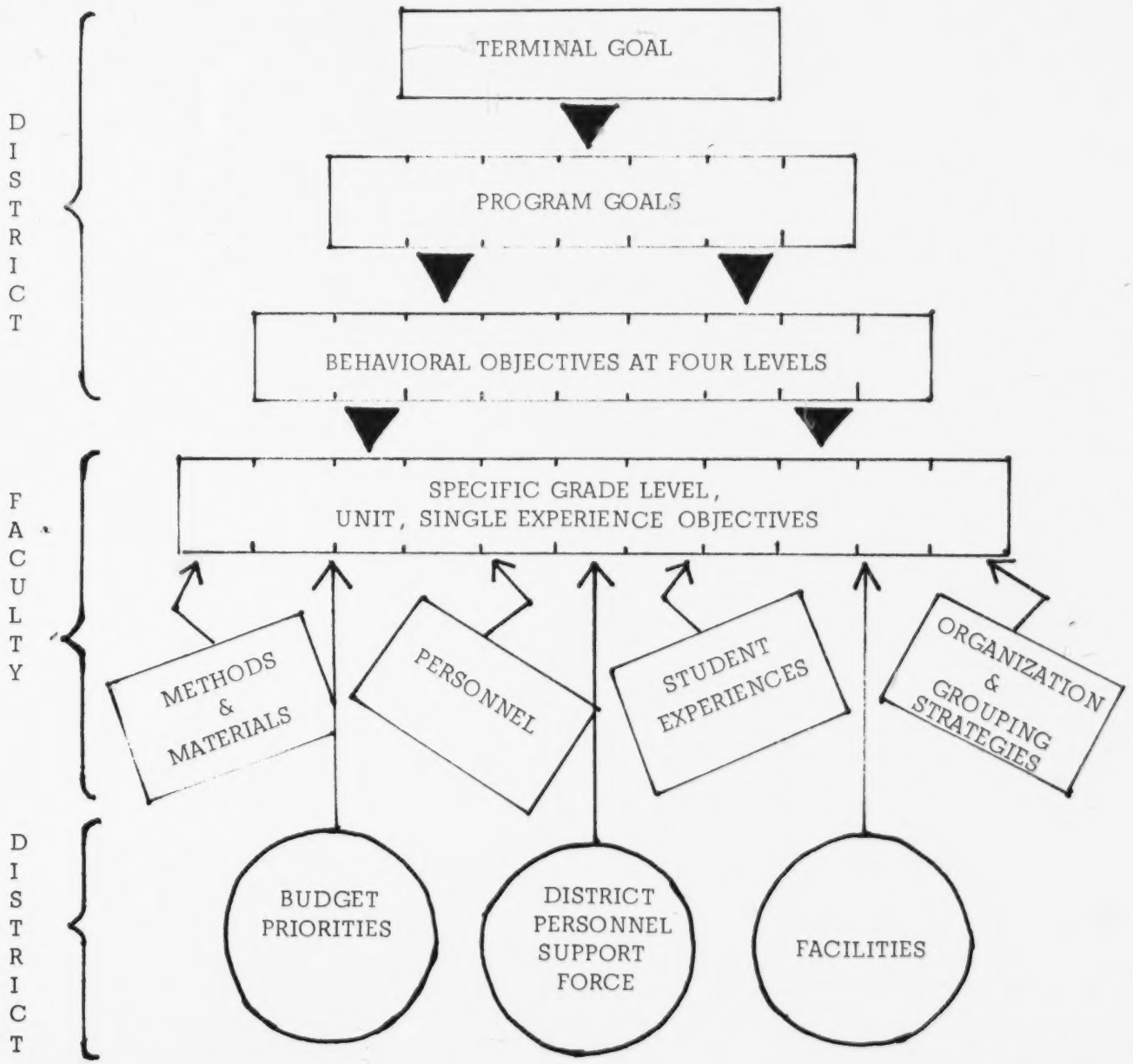
The educational goals and objectives in this booklet are presented as a sample of the many accomplishments which might be expected of students in the Mesa Public Schools. This selection forms the nucleus of district guidelines and priorities for curriculum and instruction. Improvement of the program will require continuous analysis and recycling to provide for elimination and addition of items. The accomplishment of these objectives is dependent upon the expenditure of human energies and the allotment of budget funds toward these ends. The objectives adopted for each level are not to be considered as a set minimum or maximum but rather as a check point in a continuous progress approach.

A MODEL OF RESPONSIBILITY FOR THE OBJECTIVES PROGRAM



TERMINAL GOALS

I. The student will develop the necessary motor skills for successful participation in a variety of physical activities.

II. One hundred per cent of the students in a regular P.E. class will achieve over the 30th percentile in all aspects of fitness and 80% of the students achieve over the 50th percentile in all aspects of fitness based upon national norms.

III. The student will gain knowledge and understanding about the fundamental principles and rules of physical activities.

IV. The student will develop and display such desirable qualities of human relations as responsibility, self-discipline, personal control and leadership.

V. The student will acquire knowledge, skill and a desire to participate in physical activities.

Terminal Goal

I. The student will develop the necessary motor skills for successful participation in a variety of physical activities. (The student will acquire the motor skills necessary to participate in such activities and conditions as throwing, running, kicking, jumping, climbing, balance, agility, timing, posture, foot-eye coordination, and hand-eye coordination.)

Program Goal

A. Commensurate with age, maturity and physical well being, the student will be able to demonstrate the correct form and accuracy in throwing a tennis ball or softball.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to throw a tennis ball a distance of 50 feet using correct underhand and overhand throw. (No limit on number of tries.)

2. The student will be able to hit a four-foot square target at a distance of twenty feet with a tennis ball with 50% accuracy.

Intermediate Girls and Boys

1. The student will be able to throw a 12" softball 60 feet.

2. The student will be able to hit a four-foot square target 30 feet away, five out of ten times (on the fly).

Junior High

Girls: 1. Every girl will be able to throw a 12 " softball overhand 75 feet.

2. Every girl will be able to hit a four-foot target 50 feet away, five out of ten times (on the fly).

Boys: 3. Every boy will be able to throw a 12" softball 155 feet.

4. Every boy will be able to hit a four-foot target 60 feet away, five out of ten times (on the fly).

High School

Girls: 1. Every girl will be able to throw a 12" softball 75 feet.

2. Every girl will be able to hit a three-foot target 60 feet away, five out of ten times (on the fly).

Boys: 3. Every boy will be able to throw a 12" softball 190 feet.

4. Every boy will be able to hit a three-foot target 70 feet away, five out of ten times (on the fly).

Program Goal

B. Commensurate with age, maturity and physical well being, the student will be able to demonstrate proper form and stamina in running.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to demonstrate correct running fundamentals.

2. The student will be able to run one-fourth of a mile with no time limit.

Intermediate Girls and Boys

1. The student will be able to demonstrate correct running fundamentals in both sprinting and distance running.

2. The student will be able to run one-half mile with no time limit.

Junior High

1. The student will be able to explain and demonstrate correct fundamentals, techniques, and strategy in sprint and distance races.

2. Every boy will be able to run a mile in 12 minutes. Eighty per cent of the boys will be able to run the mile in 10 minutes.

3. Every girl will be able to run a mile with no time limit.

High School

1. The student will be able to organize and help officiate a running event in which other students or community members compete.

2. Every boy will be able to run a mile in ten minutes. Eighty per cent of all boys will be able to run the mile in eight minutes.

3. Every girl will be able to run a mile with no time limit.

Program Goal

C. Commensurate with age, maturity and physical well being, the student will be able to demonstrate kicking ability.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to punt and kick a soccer ball demonstrating correct form.

2. The student will punt and kick a soccer ball 45 feet.

3. The student will be able to kick a soccer ball between two objects 10 feet apart from a distance of 30 feet with 80% accuracy.

Intermediate Girls and Boys

1. The student will be able to punt and kick both a soccer ball and a football demonstrating correct form.

2. The student will be able to punt and kick a soccer ball 75 feet; a football 60 feet.

3. The student will be able to kick a soccer ball between two objects 20 feet apart from a distance of 60 feet with 80% accuracy.

4. The student will dribble a soccer ball with his feet for 100 feet using at least two different types of kicks.

Junior High

1. The student will be able to kick a soccer ball between two objects 30 feet apart from a distance of 90 feet with 60% accuracy.

High School

1. The student will be able to kick a soccer ball between two objects 30 feet apart from a distance of 90 feet with 80% accuracy.

2. The student will be able to control dribble a soccer ball around nine stationary objects 10 yards apart for a distance of 100 yards in one minute.

3. Every boy will be able to punt and kick a soccer ball 150 feet.

4. Every boy will be able to kick a 10 yard field goal three out of ten attempts.

Program Goal

D. Commensurate with age, maturity and physical well being, the student will be able to demonstrate jumping ability.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to jump a rope swung by two others.

2. The student will be able to jump a bar placed one foot above the ground.

3. The student will be able to jump three feet in length.

Intermediate Girls and Boys

1. The student will be able to jump a rope swung by two others 10 times.

2. The student will be able to jump a rope swung by himself. (jumprope)

3. The student will be able to jump a bar placed 2 feet above the ground.

4. The student will be able to attain 4 inches in a vertical jump.

5. The student will be able to jump 6 feet in length.

Junior High

1. The student will be able to jump a rope swung by himself 20 times. (jumprope)

2. The student will be able to attain 8 inches in a vertical jump.

3. The student will be able to demonstrate the triple jump.

4. Every boy will be able to jump a bar placed three feet above the ground.

5. Every girl will be able to jump a bar placed 2 feet, 6 inches above the ground.

High School

1. The student will be able to continually jump a rope swung by himself for 3 minutes. (jumprope)

2. The student will be able to attain 10 inches in a vertical jump.

3. Every boy will be able to triple jump 15 feet.

4. Every boy will be able to jump a bar placed 4 feet above the ground.

5. Every girl will be able to triple jump 12 feet.

6. Every girl will be able to jump a bar placed 3 feet above the ground.

Program Goal

E. Commensurate with age, maturity and physical well being, the student will be able to demonstrate climbing ability.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to climb a ten-foot ladder with ten rungs.

2. The student will be able to climb over a four-foot partition.

Intermediate Girls and Boys

1. The student will be able to climb a ten-foot steel pole using hands, arms, and legs.

2. The student will be able to climb over a five-foot partition.

Junior High

1. Every boy will be able to climb a twenty-foot rope using hands, arms and legs.

2. The student will be able to climb over a six-foot partition.

High School

1. Every boy will be able to climb a twenty-foot rope without using his legs.

2. Every boy will be able to climb over an eight-foot partition.

Program Goal

F. Commensurate with age, maturity and physical well being, the student will be able to demonstrate correct balance in body locomotion.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to walk a balance beam placed on the ground for 10 feet frontward and backward.

2. The student will balance himself on one leg for 30 seconds.

Intermediate Girls and Boys

1. The student will be able to negotiate a ten-foot balance beam 2 feet above the ground using three methods of travel.

2. The student will be able to travel 30 feet by hopping on one leg.

Junior High

1. The student will be able to perform three balancing stunts on a balance beam 3 feet above the ground.

High School

1. The student will be able to perform a routine on the standard balance beam using at least five different stunts.

Program Goal

G. Commensurate with age, maturity and physical well being, the student will be able to demonstrate agility.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to dodge a volleyball thrown by another student from a distance of 20 feet with 50% success.

Intermediate Girls and Boys

1. The student will be able to achieve the 30th percentile in the shuttle run designed by the President's Council on Physical Fitness.

Junior High

1. The student will be able to achieve the 30th percentile in the shuttle run designed by the President's Council on Physical Fitness.

High School

1. The student will be able to achieve the 30th percentile in the shuttle run designed by the President's Council on Physical Fitness.

Program Goal

H. Commensurate with age, maturity and physical well being, the student will be able to demonstrate timing ability.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to throw a tennis ball through a swinging automobile tire at eye level from a distance of 10 feet with 50% accuracy.

Intermediate Girls and Boys

1. The student will be able to throw a softball through a swinging automobile tire at eye level from a distance of 10 feet with 80% accuracy.

Junior High

1. The student will be able to throw a softball through a swinging automobile tire at eye level from a distance of 10 feet with 100% accuracy.

High School

1. The student will be able to hit a dodging student with a volleyball from a distance of 20 feet with 50% accuracy.

Program Goal

I. Commensurate with age, maturity and physical well being, the student will be able to exhibit correct posture.

Behavioral Objectives

Primary Girls and Boys

1. Using a valid posture graph, the student will be able to demonstrate proper sitting and standing posture.

Intermediate Girls and Boys

1. Using a valid posture graph, the student will be able to demonstrate proper sitting and standing posture.

Junior High

1. Using a valid posture graph, the student will be able to demonstrate proper sitting and standing posture.

High School

none

Program Goal

J. Commensurate with age, maturity and physical well being, the student will be able to demonstrate skill in foot-eye coordination.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to hop with both feet on ten marks or flat objects placed on the ground or floor at 12 inch intervals in any formation.

2. The student will be able to dribble a soccer ball with either foot.

Intermediate Girls and Boys

1. The student will be able to hop on either foot on ten marks or flat objects placed on the ground or floor at 12 inch intervals in any formation.

2. The student will be able to use the correct form in control dribbling a soccer ball for a distance of 100 feet using three types of kicks.

Junior High

1. The student will be able to stop and control a rolling ball with either foot with 50% success. The student will be given ten tries.

High School

none

Program Goal

K. Commensurate with age, maturity and physical well being, the student will be able to demonstrate skill in hand-eye coordination.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to throw a volleyball into the air and catch it.

2. The student will be able to dribble a basketball.

Intermediate Girls and Boys

1. The student will be able to catch a softball thrown underhand by an instructor from a distance of 30 feet.

2. The student will be able to dribble a basketball from a distance of 50 feet using his right hand, and for 50 feet using his left hand.

Junior High

1. The student will be able to catch a softball with each hand tossed by an instructor from a distance of 30 feet.

2. The student will be able to control dribble a basketball around ten objects placed anywhere without losing control.

High School

1. The student will be able to hit a tennis ball with his hand against a wall and successfully return it 10 times from a distance of 5 or 10 feet. The ball may hit the ground.

Terminal Goal

II. One hundred percent of the students will achieve over the 30th percentile in all aspects of fitness and 80% of the students achieve over the 50th percentile in all aspects of fitness based upon national norms.

(The student will be able to demonstrate a desirable level of achievement in strength, speed, endurance, cardiac efficiency, muscular efficiency, agility, and flexibility.)

Program Goal

A. Commensurate with age, maturity and physical well being, the student will achieve a high degree of physical fitness.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to achieve the following:

Sit-ups	- 5
Pull-ups	- 1
Standing Broad Jump	- 2'
Softball Throw	- 20'
Flexed Arm Hang	- 5.0
50 Yard Dash	- 15.0
120 Feet Shuttle Run	- 18.0
600 Yard Walk-Run	- Complete only

2. 80% of all students will be able to achieve the following:

Sit-ups	- 10
Pull-ups	- 2
Standing Broad Jump	- 2'6"
Softball Throw	- 30'
Flexed Arm Hang	- 10.0
50 Yard Dash	- 13.0
120 Feet Shuttle Run	- 15.0
600 Yard Walk-Run	- Complete Only

Intermediate

Girls:

1. Every girl will be able to achieve the following:

Sit-ups	- 26
Standing Broad Jump	- 4' 5"
Softball Throw	- 46'
Flexed Arm Hang	- 5.0
50 Yard Dash	- 8.8
120 Feet Shuttle Run	- 12.0
600 Yard Walk-Run	- 2.55

2. 80% of all girls will be able to achieve the following:

Sit-ups	- 37
Standing Broad Jump	- 5' 0"
Softball Throw	- 64'
50 Yard Dash	- 8.1
120 Feet Shuttle Run	- 11.4
600 Yard Walk-Run	- 2.43

Boys:

3. Every boy will be able to achieve the following:

Sit-ups	- 34
Pull-ups	- 1
Standing Broad Jump	- 4' 10"
Softball Throw	- 91'
50 Yard Dash	- 8.5
120 Feet Shuttle Run	- 11.5
600 Yard Walk-Run	- 2.40

4. 80% of all boys will be able to achieve the following:

Sit-ups	- 50
Pull-ups	- 3
Standing Broad Jump	- 5' 4"
Softball Throw	- 115'
50 Yard Dash	- 7.8
120 Feet Shuttle Run	- 10.9
600 Yard Walk-Run	- 2.21

Junior High

Girls:

1. Every girl will be able to achieve the following:

Sit-ups	- 27
Standing Broad Jump	- 4' 10"
Softball Throw	- 65'
Flexed Arm Hang	- 5.0
50 Yard Dash	- 8.4
120 Feet Shuttle Run	- 11.8
600 Yard Walk-Run	- 3.0

2. 80% of all girls will be able to achieve the following:

Sit-ups	- 32
Standing Broad Jump	- 5' 4"
Softball Throw	- 75'
Flexed Arm Hang	- 9.0
50 Yard Dash	- 7.7
120 Feet Shuttle Run	- 11.2
600 Yard Walk-Run	- 2.50

Boys:

3. Every boy will be able to achieve the following:

Sit-ups	- 50
Pull-ups	- 2
Standing Broad Jump	- 5' 7"
Softball Throw	- 131'
50 Yard Dash	- 7.6
120 Feet Shuttle Run	- 10.9
600 Yard Walk-Run	- 2.15

4. 80% of all boys will be able to achieve the following:

Sit-ups	- 99
Pull-ups	- 5
Standing Broad Jump	- 6'6"
Softball Throw	- 160'
50 Yard Dash	- 7.2
120 Feet Shuttle Run	- 10.2
600 Yard Walk-Run	- 2.00

High School

Girls:

1. Every girl will be able to achieve the following:

Sit-ups	- 28
Standing Broad Jump	- 5' 2"
Softball Throw	- 71'
Flexed Arm Hang	- 5.0
50 Yard Dash	- 8.5
120 Feet Shuttle Run	- 11.5
600 Yard Walk-Run	- 2.56

2. 80% of all girls will be able to achieve the following:

Sit-ups	- 34
Standing Broad Jump	- 5' 6"
Softball Throw	- 80'
Flexed Arm Hang	- 10.0
50 Yard Dash	- 8.0
120 Feet Shuttle Run	- 11.0
600 Yard Walk-Run	- 2.46

Boys:

3. Every boy will be able to achieve the following:

Sit-ups	- 63
Pull-ups	- 6
Standing Broad Jump	- 6' 11"
Softball Throw	- 172'
50 Yard Dash	- 6.8
120 Feet Shuttle Run	- 10.0
600 Yard Walk-Run	- 1.56

4. 80% of all boys will be able to achieve the following:

Sit-ups	- 100
Pull-ups	- 9
Standing Broad Jump	- 7' 4"
Softball Throw	- 195'
50 Yard Dash	- 6.6
120 Feet Shuttle Run	- 9.7
600 Yard Walk-Run	- 1.46

Terminal Goal

III. The student will gain knowledge and understanding of a variety of physical activities and games. (The student will know and understand the terminology, rules and principles involved in a variety of competitive games.)

Program Goal

A. The student will be able to understand the game of football.

Behavioral Objectives

Primary Girls and Boys

none

Intermediate Girls and Boys

1. The student will be able to answer correctly 80% of the following questions:
   Three items of equipment
   Number of players
   Object of the game

Junior High

1. The student will be able to answer correctly 80% of the following questions:
   The size of the field
   Number of players
   Scoring system
   Ten terms pertinent to the game
   Safety features to be followed
   List six items of clothing and equipment

High School

1. The student will be able to organize or officiate a game correctly.

B. The student will be able to understand the game of basketball.

Behavioral Objectives

Primary Girls and Boys

none

Intermediate Girls and Boys

1. The student will be able to answer correctly 80% of the following questions:
   Three items of equipment
   Number of players
   Object of the game

Junicr High

1. The student will be able to answer correctly 80% of the following questions:
   The size of the field
   Number of players
   Scoring system
   Ten terms pertinent to the game
   Safety features to be followed
   List six items of clothing and equipment

High School

1. The student will be able to organize or officiate a game correctly.

C. The student will be able to understand the game of softball.

Behavioral Objectives

Primary Girls and Boys

none

Intermediate Girls and Boys

1. The student will be able to answer correctly 80% of the following questions:
   Three items of equipment
   Number of players
   Object of the game

Junior High

1. The student will be able to answer correctly 80% of the following questions:
   The size of the field
   Number of players
   Scoring system
   Ten terms pertinent to the game
   Safety features to be followed
   List six items of clothing and equipment

High School

1. The student will be able to organize or officiate a game correctly.

D. The student will be able to understand track and field events.

Behavioral Objectives

Primary Girls and Boys

none

Intermediate Girls and Boys

1. The student will be able to answer correctly 80% of the following questions:
   Three items of equipment
   Number of players
   Object of the game

Junior High

1. The student will be able to answer correctly 80% of the following questions:
   The size of the field
   Number of players
   Scoring system
   Ten terms pertinent to the game
   Safety features to be followed
   List six items of clothing and equipment

High School

1. The student will be able to organize or officiate a game correctly.

E. The same format will be used for other activities selected by the instructor.

Terminal Goal

IV. The student will acquire qualities of good human relations in physical activities and in other activities in his life. (The student will display qualities of leadership, self-discipline, personal control and responsibility.)

Program Goal

A. The student will be able to demonstrate qualities of leadership commensurate with age and maturity.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to demonstrate an acquired skill to a small group of peers.

2. The student will be able to organize a small group of peers in a physical education activity.

Intermediate Girls and Boys

1. The student will be able to act as the captain of a group of peers in an activity.

Junior High

1. The student will be able to organize and instruct a group of peers in an activity.

High School

1. The student will be able to organize a tournament with eight or more individuals or teams of peers involved.

B. The student will be able to display qualities of self-discipline commensurate with age and maturity.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to design a situation that will improve his skill in an activity and involve himself in this situation unaided by an instructor.

Intermediate Girls and Boys

1. The student will be able to design a situation that will improve his skill in an activity and involve himself in this situation unaided by an instructor.

Junior High

1. The student will be able to design a situation that will improve his skill in an activity and involve himself in this situation unaided by an instructor.

High School

1. The student will be able to design a situation that will improve his skill in an activity and involve himself in this situation unaided by an instructor.

C. The student will be able to demonstrate qualities of personal control commensurate with age and maturity.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to exhibit acceptable personal control and "sportsmanship" in game situations.

Intermediate Girls and Boys

1. The student will be able to exhibit acceptable personal control and "sportsmanship" in game situations.

Junior High

1. The student will be able to exhibit acceptable personal control and "sportsmanship" in game situations.

High School

1. The student will be able to exhibit acceptable personal control and "sportsmanship" in game situations.

D. The student will be able to demonstrate qualities of responsibility commensurate with age and maturity.

Behavioral Objectives

Primary Girls and Boys

1. The student will be able to accept and display responsibility for distributing and caring for activity equipment.

2. The student will be able to accept and display responsibility for following guidelines and rules established in all aspects of physical education.

Intermediate Girls and Boys

1. The student will be able to accept and display responsibility for distributing and caring for activity equipment.

2. The student will be able to accept and display responsibility for following guidelines and rules established in all aspects of physical education.

Junior High

1. The student will be able to accept and display responsibility for distributing and caring for activity equipment.

2. The student will be able to accept and display responsibility for following guidelines and rules established in all aspects of physical education.

High School

1. The student will be able to accept and display responsibility for distributing and caring for activity equipment.

2. The student will be able to accept and display responsibility for following guidelines and rules established in all aspects of physical education.

Terminal Goal

V. The student will develop knowledge, skill and a desire to participate in physical activities which will provide lifetime participation. (The student will exhibit skill in and commitment to participation in activities which can be carried on during a lifetime, such as community service and personal fitness.)

Program Goal

A. Given the free time, a student will be able to do some activity of his choice which will improve his physical fitness.

Behavioral Objectives

Primary Girls and Boys

1. Given the free time, the student will choose a physical activity which is individually beneficial at least 25% of the time.

2. The student will be able to identify the following items:

Baseball	Badminton racket
Baseball bat	Bowling ball
Volleyball	Bowling pin
Sóftball	Croquet
Softball bat	Horseshoes
Golf ball	Tennis ball
Golf clubs	Tennis racket
Shuttle cock	

Intermediate Girls and Boys

1. The student will be able to answer correctly 80% of the following questions concerning five lifetime activities:

Size of the field
Number of players
Scoring system
Terms pertinent to the game
Safety features to be followed
Six items of clothing and equipment

Junior High

1. The student will be able to demonstrate skills related to five lifetime activities.

High School

1. The student will be able to demonstrate a proficiency in two lifetime activities and describe why the particular activities were picked.